RICE UNIVERSITY
LIFETIME PHYSICAL ACTIVITY PROGRAM
COURSE OUTLINE

Introduction to Fitness Swimming: LPAP 164
Days: Mondays & Wednesdays
Time: 1:00-1:50 PM
Instructor: Amanda Caldwell
Email: acaldwell@rice.edu
Course location: Rec Center Pool

Class Description: This course is designed to increase fitness through the use of swimming. There will also be a knowledge component to the course that includes information concerning fitness, health, stroke mechanics, and wellness. The objective of the course is for students to design their own swimming workouts to meet their fitness goals. **This is not a learn-to-swim course!** Those unable to swim 300 yards and for 12 minutes continuously should register for Beginner Swimming.

Dress: Swim suits are required to participate in class and for attendance. See attendance policy below. Cut-offs, gym shorts, sport bras, etc. are not permitted. Women should wear **one piece** suits. Swim caps are highly suggested for long hair. Goggles are suggested for comfort and vision. Water bottles are highly suggested.

Registration: Course registration for LPAP classes before the semester begins is through the registrar's office. If space is available, additions to the class will be allowed until the second week of classes. The order of the waiting list will be taken into account. The instructor cannot add you to the roster ahead of those on the waiting list.

Participation: The Lifetime Physical Activity Program (LPAP) aims to increase student's awareness, understanding, and enjoyment of recreational activities. The courses are primarily based on participation. Students are expected to attend classes and be actively involved.

Weather/Pool Closings: **Never assume class is canceled** because it is raining or it is cold. Class will be held unless 1) previously canceled by the instructor or 2) the recreation center has closed the pool. If you are unsure, it is best to call the Rec Center before class and check the status of the pool, or just come to class.

Attendance Policy: Students are expected to attend all class sessions and to actively participate while in attendance. Showing up to the class and not participating will count as an absence. During the course of the semester, students are allowed two "free" absences. Should a student miss an additional class(es) she/he will need to arrange to make up the missed class at a time and place that is agreed upon by both the student and the instructor. It is the responsibility of the student to initiate conversation with the instructor to discuss the make-up,

and an agreement must be reached between the two within two weeks of the absence. If a student fails to make up a missed third or fourth class, his/her final grade will drop by one or two grade letters, respectively.

Excessive absences will not be tolerated. **Please note, students will not be allowed to make up more than two classes.** Five total absences, including those that were made up and no matter their circumstance, will result in a failing grade for the course.

Tardiness: Our time together at the pool is very short. Tardiness to class will hurt your progress and the progress of the swimmers in your lane. **Tardiness past 1:05 PM** will be recorded. If you are late two (2) times it will count as one absence. Be ready to start swimming with suit, cap, and goggles on. Looking for these items while on deck after 1:05 PM is still considered tardy.

Class format: The class will be an activity/participation based course. Throughout the course there will be topics to lay a foundation for the sport and support to the activities throughout the semester.

Topics include:
Freestyle Mechanics
Butterfly Mechanics
Backstroke Mechanics
Breaststroke Mechanics
Starts and turns
Designing a workout

Course evaluation
Active participation: 300 points
Class activities: 100 points
Semester Analysis: 50 points
Outside participation: 50 points

Active Participation: This is a physical activity based course. You have to be present and participating for credit. Please see attendance policy above for how you would lose points in this area.

Class activities: Class activity points are gained in-class only. You may consult with others when designing your workout for ideas. All assignments are expected to be original and created by the student who turns it in.

1 Pretest and 1 Post Fitness Evaluations (30 points each – details on Canvas)

4 personalized workouts (**personal workouts must be submitted on Canvas 48 hours before the class** – details on Canvas) (10 each)

Semester Analysis: Students will be asked to write a 1 page paper at the end of the semester to analyze their progress in the pool. This paper will utilize their Pre and Post Fitness evaluations (50 points).

Outside Participation: Students have the choice to either volunteer at a swim meet (schedule to be posted on Canvas) or participate in a swimming competition (must be approved prior registering, and copy of official results must be submitted for credit).

Important dates (subject to change):

January 15th – No class – MLK

January 22nd – Pre Test

January 25th – Pre Test Evaluation Due

April 4th – Post Test

April 6th – Post Test Evaluation Due
April 7th – Personal Workout #1 Due

April 9th – Personal Workout Day #1
- Personal Workout #2 Due

Apri;l 11th – Personal Workout #2 Day

April 14th – Personal Workout #3 Due

April 16th – Personal Workout Day #3
- Personal Workout #4 Due

April 18th – Personal Workout #4 Day – Last Class

April 25th – Semester Analysis Due

Grading: LPAP Grades will appear on transcripts. To receive LPAP credit, you must receive a passing grade. At least two LPAP credits are required to graduate. The following scale will be used to calculate the final grade for this class:

*500-468	A	382-363	C	*Students with a 97-100% average and
467-448	A-	362-348	C-	without any unexcused absences will
447-433	B+	347-333	D+	earn and A+.
432-413	B	332-313	D	
412-398	B-	312-298	D-	
397-383	C+	Below 298	F	

Important to consider: All students will be required to swipe their Rice ID to get into the recreation center building for class. You will need your Rice ID every time.

Towels and Locks: If you would like to use a Rice Rec Center towel, you may purchase a towel pass for shower size towels at the front desk. Hand towels are available free at the front desk. You may leave your ID for the towel. Lockers and baskets can also be obtained at the front desk.

Goggles and Swim caps: Are available for purchase at the Rec Center Operations desk.

ADA Statement: This instructor, in conjunction with Rice University, is committed to upholding and maintaining all aspects of the federal Americans with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. If you are a student with a disability and wish to request accommodation, please contact the Disability Support Services Office in the Ley Student Center. Any information regarding your disability will remain confidential. Because many accommodations require early planning, requests for accommodations should be made as early as possible. Any requests for accommodations will be reviewed in a timely manner to determine their appropriateness to this setting.

Honor Code Violations: All students are expected to uphold their pledge to the Rice Honor Code. Any students suspected of cheating on an exam or written assignment will be reported to the Chair of the Honor Council, and investigation will ensue. Any question that you may have about what constitutes an honor code violation in this class can be directed to the instructor.